

Economical Cooking Recipes



*Published by the
Proprietors of
Dr. Morse's
INDIAN ROOT
PILLS*

ECONOMICAL Cooking Recipes



THE housewife who is continually racking her brains, and ever on the alert for fresh dishes should find something to interest her in this booklet, as on nearly every page will be found cooking recipes. In addition to being palatable and wholesome, these recipes are economical to prepare.

While it is essential to-day to practise economy as regards food, the same thing applies to health. Nothing makes greater inroads into one's finances than sickness. Not only is medical treatment expensive, but wages are often lost through absence from work. Hence the importance of taking steps to safeguard one's health, and for this purpose keeping Dr. Morse's Indian Root Pills on hand and using when necessary.

Dr. Morse's Indian Root Pills are purely vegetable and are unsurpassed as a household remedy for everyday complaints, such as Constipation, Indigestion, Biliousness, Sick Headaches, Rheumatism, Bad Breath, Piles, Pimples, Blotches, and Kidney Troubles.

POINTS

IN FAVOUR OF

Dr. Morse's Indian Root Pills

Dr. Morse's Indian Root Pills are a purely vegetable preparation made to a sound formula, and contain no mineral drugs.

Being sugar-coated they are easy and pleasant to take. This coating also acts as a seal, which prevents the ingredients from deteriorating.

They are packed in an amber bottle which protects them from moisture or climatic changes.

As a family remedy Dr. Morse's Indian Root Pills stand alone, and are recommended for disorders of the Blood, Stomach, Liver and Kidneys, such as Pimples, Indigestion, Bad Breath, Biliousness, Constipation, Sick Headaches, and Rheumatism. They will also be found invaluable if suffering from influenza or a cold.

They Make You Feel Brighter.

Biliousness

One of the most distressing troubles a person can endure is biliousness. It is depressing to the spirits and demoralising to the entire system. The person so afflicted is scarcely able to work or take an interest in anything. The sewers of his body are clogged and need flushing out. The bile is turned from its proper channel and enters the blood and produces that peculiar cast of complexion. He is very restless, uneasy or sleepless at night, or perhaps his slumber is lethargic and dull. He has dull pains, uneasiness under the right side and shoulder blades, a bitter taste in the mouth, sudden dizziness on rising, furred tongue, bowels loose one day and constipated the next.

All or any of these symptoms may accompany the bilious condition, and while so afflicted the patient's life is scarcely worth living. Dr. Morse's Indian Root Pills relieve this trouble speedily and cast the burden from the spirits. They open the clogged-up system, purify the blood, and once more the human mechanism works smoothly and easily. On the appearance of bilious symptoms a dose, from two to four, of Dr. Morse's Indian Root Pills should be taken, the larger dose for a more robust grown person; the next night increase the dose one extra pill, and if the trouble is not relieved, another dose should be taken. A little experience will guide the patient in the use of the pills so as to produce the best effects. People differ in the way medicine affects them, and consequently no invariable rule can be given.

RABBIT FRICASSEE. — Cut a young rabbit into pieces and cook in stock with salt, pepper, nutmeg, a big carrot, four medium-sized onions, 2 sticks of celery, and bouquet garni (thyme, bay leaf, clove, parsley). When the vegetables are cooked, mash them. With the liquor make a thick gravy; serve the rabbit masked with the mashed vegetables.

KIDNEYS WITH HARICOT BEANS AND TOMATOES. — Required: Two sheep's kidneys, 2 tablespoonfuls of haricot beans, 2 tomatoes, 1 gill of tomato puree, 1 oz. butter, pepper and salt to taste. Method: Soak the beans over-night, then boil in salted water until they are quite tender. Drain well, and toss into the melted butter with a seasoning of pepper and salt. Grill or fry the kidneys and make the tomato puree very hot. Place the kidneys on a hot dish. Pour the puree and beans around.

FEATHER PUDDING. — Take 1 cup of bread crumbs, 1 cup of raisins, 1 cup boiling milk, sugar to taste, 1 egg and a pinch of cinnamon. Stone and chop the raisins, mix them with sugar, well-beaten yolk of the egg and pinch of cinnamon. Add the bread crumbs soaked in boiling milk and the whisked white of the egg. Bake in a moderate oven for half-an-hour.

MORSE PUDDING. — Take $\frac{3}{4}$ lb. self-raising flour, 6 ozs. butter, 5 ozs. sugar, $1\frac{1}{2}$ gills milk, 1 egg, 4 tablespoonfuls golden syrup. Rub the butter into the flour. Add sugar and mix well with other dry ingredients. Beat the egg in another basin and add milk to it. Add egg and milk to dry ingredients, and beat well for three minutes. Put the golden syrup into the bottom of greased pudding-basin. Pour in mixture, and cover with greased paper, and steam two hours. Turn on a hot dish and serve.

The sick headache and coated tongue denote deranged Liver and Kidneys. They also denote the necessity for a course of Dr. Morse's Indian Root Pills.

A Woman's Look

Reflect the State of Her Health



A girl's fortune is very often her face, and a sweet expression may be marred by a bad skin, or the drawn look, which indicates ill-health. The realisation of these defects has a depressing influence on most members of the fair sex, as generally they desire to retain the buoyant feeling that wherever they go they will look well and feel well.

It cannot be denied that a girl's future largely depends upon how she settles herself in marriage. Therefore, the healthy maiden with a fresh face and the bright eyes has an advantage over her sickly sister. Those damsels who are unfortunate enough to develop a pimply face have the whole expression of the features spoiled, and no matter how comely they may really be, they are invariably passed over for girls with good complexions and cheerful expressions. It is, therefore, a matter which requires to be dealt with, and those who suffer in this manner should at once try a course of Dr. Morse's Indian Root Pills, which act directly upon the blood and soon clear the skin of all blemishes.

HOME-MADE MACARONI.—Take $\frac{1}{4}$ lb. of dry sifted flour, $\frac{1}{2}$ oz. of butter, 1 egg, pepper and salt. Place the dry sifted flour on a pastry board, and into the centre of the flour mix the butter, which has been stirred into the unbeaten egg. Knead for fifteen minutes until you have a dry elastic paste. Leave this covered with a clean cloth for fifteen minutes. Roll very thin—almost to the consistency of a wafer. Cut into 2in. wide strips, lay one strip on another and slice with a sharp knife into straws less than $\frac{1}{4}$ in. wide. Place in boiling salted water and cook until soft. Drain and serve very hot, tossed in butter, pepper and salt, or use as you would use macaroni for a variety of savoury dishes.

ITALIAN POTATO DISH.—Boil six medium potatoes, and slice them, make a sauce with a dessertspoonful of cornflour or flour, a teaspoonful of margarine or butter, and pepper and salt. Place a layer of the potatoes in a pie-dish or small casserole, pour a little sauce over them; then sprinkle over with grated cheese, and then a sprinkling of minced cooked ham (boiled), or corned meat, or minced tongue, whatever is most easily obtained. Continue the layers until the potatoes are finished, leaving a final layer of the sauce, with a sprinkling of cheese on top, and a few small pieces of butter. Place in a hot oven, and brown. If at hand, two or three sliced fried tomatoes make this dish more appetising, if necessary.

INDIGESTION AND BILIOUS HEADS.

Mrs. J. Jackson, 7 Inkerman Street, Ponsonby, Auckland, writes:—"I have used Dr. Morse's Indian Root Pills for many years as a remedy in combating Indigestion and Bilious Head-aches, with which I suffered from time to time. This is the best medicine, and I hold such an opinion that I have recommended many others to take these pills; there is no doubt about their efficacy to my mind."

Headache

The First Symptom of Every Form of Disease.

Headaches are but symptoms of other ailments to which they are merely sympathetic, such as Indigestion, Biliousness, Constipation, or some other irregularity of the system. Headache is an everyday occurrence with many people, and in its visitations is no respecter of persons, rich and poor, man, woman, or child, under all climatic conditions—and knows neither age nor colour. Many women habitually suffer from headaches, which make life a daily purgatory.

There are many everyday causes of headaches depending on digestion. One very fertile source is over-eating, partly caused by changes in the blood, but partly also by the nervous influence transmitted from the outraged digestive organs. Abuse of alcohol produces a headache much in the same way as excessive indulgence in food. Other headaches in this category are the bilious ones from the use of food which is too stimulating.

To overcome headaches it is absolutely necessary to get at the cause. Drugs which act on the heart and reduce the pulsation only have a temporary effect. If you suffer from Indigestion, Biliousness, Constipation, Disorder of the Liver and Kidneys, there is no better remedy than Dr. Morse's Indian Root Pills.

FRIED MINCE.—Cut up or put through the mincing machine any cold meat that does not contain too much fat, add finely chopped onion, $\frac{3}{4}$ cup bread crumbs, a tablespoonful brown sugar, and sprinkle a little pepper, salt, cinnamon, nutmeg and curry powder over the mixture. Have a pan very hot, containing three teaspoonfuls dripping. Put in mixture and keep turning over and over until brown—not any liquid to be used. Serve with or without mashed potatoes.

DATE FRITTERS.—Put into a basin $\frac{1}{2}$ lb. of flour, add a pinch of salt and sufficient milk to make into a smooth paste. Add 1 teaspoonful of vinegar, and five minutes before using add $\frac{1}{2}$ teaspoonful of carbonate of soda. Now stone and halve $\frac{1}{2}$ lb. of dates, or as many as required. Pass through flour, then through batter, and cook in hot fat, to a golden colour. Sprinkle with sugar, and serve with a thin syrup sauce.

Mrs. T. Spalding, 9 Wilson Street, Hawera, writes:—"I can recommend Dr. Morse's Indian Root Pills as a useful remedy for Constipation in every way, and any similar sufferers would do well to try this medicine."

Nurse J. E. Kennedy, Blake Street, Blaketown, Greymouth, writes:—"I have been maternity nursing for a period extending over ten years, and recommended Dr. Morse's Indian Root Pills to my patients where necessary, and personally I found them useful as a laxative medicine."

Dr. Morse's Indian Root Pills are safe and reliable

Heartburn

and Headaches relieved by
Dr. Morse's Indian Root Pills

64 York Street,
Timaru.

Dear Sirs,—

For the relief of Heartburn, Flatulence and Headaches, I can assert that Dr. Morse's Indian Root Pills are an excellent remedy. I can certainly recommend these pills to any young mothers needing a speedy remedy for these complaints. My husband finds this medicine useful in relieving indigestion.



Mrs. Eva Barnett
(from a Photo).

(Signed) Mrs. Eva Barnett.

LEMON DUMPLINGS.—Mix two cups of bread crumbs with $\frac{1}{2}$ lb. of finely-chopped suet, $\frac{1}{2}$ cup of brown sugar, a pinch of salt, and the grated rind of a lemon. Moisten with 2 well-beaten eggs and the strained juice of 1 lemon. Mix well and put the mixture into small buttered moulds, cover with buttered paper and steam for an hour.

DUTCH OUTLET.—Take 1 lb. of beef steak; put through a sausage machine. Mix with the steak, pepper, salt, 1 cupful bread crumbs, 1 minced onion, and bind together with one egg. Form into a flat cake. Put into a greased baking tin with 2 cupfuls of water, 1 tablespoonful sauce, 1 minced onion and a slice of bacon on top. Cover with a buttered paper, and bake in a moderate oven about 1 hour. Garnish with tomato slices and parsley.

LEMON OR ORANGE CAKE.—Two cups flour, 2 teaspoonfuls baking powder, $\frac{1}{2}$ lb. butter, grated rind of 1 lemon or orange, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup milk, 1 egg. Mix butter and flour together by rubbing lightly, then sugar, baking powder, and rind of lemon. Lastly add egg and milk to stiff paste. Bake in quick oven.

TO FRY CHOPS OR STEAK.—Sprinkle with pepper and salt, and dredge with plain flour. Have the frying-pan nicely heated but not hot enough to burn. Do not put in any fat of any kind. Lay the meat in the pan and turn constantly, so as never to allow it to burn. Do not put a fork into the meat, as that would let out too much gravy. When fried a nice brown, put on a hot dish, and place in oven. Serve with a good brown gravy.

SUIT PARENTS AND CHILDREN.

Mrs. A. E. Neilson, Devon Road, Fitzroy, New Plymouth, writes:—"For many years I have known the efficacy of Dr. Morse's Indian Root Pills as a remedy for Constipation. They are very mild in their action, and don't gripe like so many other medicines, and people so afflicted would do well to try this remedy. I find Dr. Morse's Indian Root Pills so good that I can give them to the children occasionally when ailing from slight Bilious disorders."

INDIGESTION

Digestion is the Process of Assimilation of Food Whereby the Body is Nourished

It is not the quantity of food we eat, but what we digest and assimilate that nourishes the body. When the Stomach and Organs of Digestion and Nutrition are diseased, and the food eaten is only imperfectly digested, there is loss of nutrition, and the body loses strength as a natural consequence. Not only does the system suffer from lack of nourishment, but the derangement of the organs must inevitably cause further complications. Indigestion is a most prevalent source of Constipation, which in its turn causes a disordered liver, and finally you become burdened with Chronic Dyspepsia. Indigestion invariably arises from improperly prepared food, hasty eating, over-indulgence, fatigue, and exhaustion during hot weather, breathing foul air, excessive brain work, and more frequently from cares and worry, which exhaust the nervous force and weaken the organs of digestion. DR. MORSE'S INDIAN ROOT PILLS are a safe, sure, and reliable remedy for stomach complaints. They aid in the digestion and assimilation of food, and in a mild and gentle manner regulate the system, restoring the weak and dyspeptic to health and strength. They give you clean bowels, a healthy stomach, a lively liver, active kidneys, and blood that is rich and red.

DEVILLED TRIPE.—Cut 1 lb. of tripe in small pieces, roll in flour and fry in hot fat. Pour off part of the fat and make a brown gravy of the rest; put in a saucepan and add a sliced onion and one large tomato, salt and pepper. Simmer for twenty minutes. Serve hot with toast and mashed potatoes.

VEGETABLE PIE.—1½ lb. cooked potatoes, ½ lb. onions, 1 lb. tomatoes, 1 oz. butter, 1 gill milk, 1 egg, salt, pepper, chopped parsley. Skin the tomatoes and cut them into slices. Peel and cook the onions for 15 minutes; then chop them finely and mash the potatoes. Butter a pie-dish well with the butter, put the vegetables in layers, adding a sprinkling of fine-chopped parsley between each layer and also a seasoning of salt and pepper. Let the last layer be of potato. Beat the egg well, and add the milk to it, and pour this into the pie-dish, and bake in a good oven for thirty or forty minutes. Serve very hot.

EGGLESS CAKE.—Half a pound of flour, ½ lb. ground rice, ½ lb. sugar, ½ lb. currants, ½ lb. sultanas, 6 ozs. dripping, 1 oz. peel, ½ pint boiling water, 1 tablespoonful carbonate soda which should be added after all other ingredients are mixed together. Bake 2½ hours in slow oven.

LEMON MIXTURE FOR CHEESE CAKES.—Take ½ lb. of lump sugar, 2 ozs. of butter, 2 eggs, the grated rind and juice of 1 large lemon, or two small lemons. Beat the eggs well. Put all the ingredients in a basin, and stand it on a piece of wood in a saucepan of hot water that comes half-way up it. Cook very slowly till it thickens. Stir gently all the time in the same direction. It will not get thicker than honey of the "liquid" variety, but it should be quite transparent. It will set, and be semi-opaque when it gets cold. Store the mixture in pots, and cover with parchment paper as in the case of jam.

An economical remedy—DR. MORSE'S INDIAN ROOT PILLS



Nurse Whitehead
(From a Photo)

For relief of Constipation and Biliousness

Onehunga Nurse Recommends
Dr. Morse's Indian Root Pills.

59 Lower Queen Street,
Onehunga.

Dear Sirs,—

I can highly recommend Dr. Morse's Indian Root Pills as a genuine medicine for relief of constipation and biliousness, and occasionally I have recommended them to my patients and know they act most satisfactorily. I am a registered nurse of twenty-five years' standing, thirteen years of which period was spent here.

(Signed) Nurse Whitehead.

SUET DUMPLINGS IN MILK.—

Chop up $\frac{1}{2}$ lb. of suet, add 1 cup of bread crumbs, 1 cup of flour, $\frac{1}{2}$ cup of sugar, 1 teaspoonful of vanilla extract. Rub all well together, add 2 well-beaten eggs and 2 cups of milk and mix the whole into a smooth batter. Put 2 cups of milk into a saucepan and bring to the boil for a quarter of an hour. Lift out the dumplings and place them in a deep hot dish. Pour over the milk in which they were boiled and serve at once.

TOMATO SALAD.—

One pound of tomatoes, a slice of a large mild onion, a sprig of parsley, 2 table-spoonfuls of salad dressing. Put the tomatoes in a bowl, pour boiling water over them, drain off the water after a minute, and skin the tomatoes. Cut them in slices, and put them in a glass dish. Shred the onion finely and scatter it over the tomatoes, pour over the salad dressing, and sprinkle a little finely-chopped parsley on the top.

WHENEVER A HEADACHE.

Mr. D. H. Robertson, Westoe Cottage, 81 Fendalton Road, Fendalton, writes:—"Whenever I suffer with a headache, I resort to a dose of Dr. Morse's Indian Root Pills, and find these pills do not purge like many other remedies, but act mildly and sweep away all symptoms of a headache. It was my mother first recommended my using this medicine, and they have proved our family medicine for years past."

Mrs. J. Serrels, 77 Russell Street, West Dunedin, writes:—"I have used Dr. Morse's Indian Root Pills for relieving Bilious Headaches, and I recommend them to any Bilious sufferers. They act effectively in banishing dizziness and headaches."



Picking the nose is a common symptom.

WORMS

*A Distressing, and often
Which Requires Sp*

The thought of worms entering the human body, embedding themselves in the stomach, liver, intestines and bowels, is not a pleasant one, but when you want the TRUTH you must also be prepared to accept unpleasant FACTS.

Many very intelligent people to-day consider "Worms" an old-fashioned idea—something that no longer exists, and that is because the modern physician does not like to offend his patients by telling them they have worms. He treats the condition without explaining it. In this article it is preferred to tell plain facts.

The truth is, there are just as many cases of Worms as ever there were, and recent scientific investigations have made known a great deal more about the various kinds of worms, and their habits of living, breeding and multiplying inside the human body than ever was known before. In this publication, however, it is only proposed to deal with the two types of worms which are commonest in this country, namely, Stomach Worms and Thread Worms.

ROUND OR STOMACH WORMS.

The Round Worm in its appearance, save in colour, of course, somewhat resembles the earthworm in shape. The male worms are much smaller and do not exhibit half the length of the females. Whilst the Thread Worm inhabits the large intestine of children, the Round Worm is found in the small bowel, or that portion of the intestine which immediately comes off from the stomach, and makes up the succeeding twenty feet in length of the digestive tube. Adults, of course, are frequently also affected with Round Worms, and it may be added that they are also subject to be troubled with Thread Worms. The danger of the Round Worm appears to be that in some cases the parasite has the habit of making its way through the walls of the intestine. Occasionally it will pass into the stomach from the bowel itself, and it has also been known to cause liver troubles when one of these parasites has contrived to pass from the bowel into the duct or tube which leads the bile from the liver into the intestine.

If the worm penetrates from the bowel into the general cavity of the belly, inflammation of a fatal kind may be set up. The symptoms are very much like those produced by the presence of the thread worm. In addition, however, a good deal of thirst represented in patients, along with a disturbance of sleep, with a debased appetite, the patient developing a liking



Round
or
Stomach
Worm

UNWELCOME GUESTS IN THE HUMAN BODY

Dangerous, Affliction Specific Treatment

for all sorts of strange and unwonted foods. Itching of the nose may also be here a prominent symptom. There is no better preparation than Comstock's "Dead Shot" Worm Pellets for eradicating these parasites.



Grinding the teeth
and starting when
asleep.

THREAD WORM, PIN WORM, OR SEAT WORM is an inhabitant of the lower bowel.

The Long Thread Worm measures from one inch to two inches in length, the upper portion being thin and the lower two-thirds about twice as thick. This variety also infests the large intestines and the rectum.

The common Thread Worm derives its name from its thread-like appearance. The average length is about one-third of an inch, this description applying to the female worm. As in the case of the Stomach Worm, the female worm very much exceeds the male worm in size. The favourite situation of the Thread Worm is the large bowel which forms the terminal portion of the intestines. These worms cause severe itching at the lower passage and picking at the nose. Anæmia, restlessness, irritability and loss of appetite are also frequent symptoms. A child or adult so affected can find no relief from the terrible itching, and consequently becomes restless and upset at the slightest provocation. A purgative medicine will sometimes afford temporary relief by the expulsion of some of the Worms congregated near the rectum, but the Worms multiply so quickly that the trouble returns. To get rid of the Worms and their eggs, their nests also must be removed, and that requires a specific remedy. Comstock's "Dead Shot" Worm Pellets are unfailing in their results.

HOW TO GET RID OF WORMS. A Safe, Sure and Reliable Remedy.

To get rid of these worms and their eggs requires a special remedy, and long experience has shown that there is nothing more effective or more reliable than Comstock's "Dead Shot" Worm Pellets. They are a safe, sure and reliable specific that will give every satisfaction. The Pellets are prepared in the form of a confection which children readily take like an ordinary sweet. Full directions will be found in the wrapper accompanying each packet. It is important that these directions be carefully followed.

COMSTOCK'S "DEAD SHOT" WORM PELLETS are for sale by Chemists and Stores generally at 4/- per packet, or 6 packets for 23/-. and if unable to obtain locally, will be mailed post free on receipt of price. Prepared only by THE W. H. COMSTOCK CO., LTD., Farish Street, Wellington, N.Z., 23 Lang Street, Sydney, N.S.W., and 21 Farringdon Avenue, London, E.C.

REFUSE ALL SUBSTITUTES.

A Dose Before Retiring?

Dissipates Bilious Symptoms

17 Napier Street,
Ponsonby,
Auckland.



Mrs. Phillipa Hedley
(From a Photo)

Dear Sirs,—

In combating bilious headaches I find Dr. Morse's Indian Root Pills the very best remedy—a dose taken before retiring, and one finds no trace or symptom left next day, but health completely restored. On a visit to England I also used the pills with much benefit in keeping sea-sickness at bay, and that is worth knowing to voyagers. I can conscientiously recommend Dr. Morse's Indian Root Pills to anyone desirous of banishing bilious attacks. You may use these few lines for publicity purposes.

(Signed) Mrs. P. Hedley.

ORANGE HONEY.—Boil 1 small tablespoonful of water with 1 lb. of granulated sugar; boil for ten minutes, without stirring. Next take off the fire, and add the juice of two oranges, and, finally, stir with a wooden spoon until it becomes creamy. While it is still liquid, pour into a jar. It will set to the consistency of honey.

SOUFFLE BATTER PUDDING.—3 ozs. of flour, 1 egg, small pinch of salt, $\frac{1}{2}$ oz. of butter, a gill of milk, strawberry jam. Mix the salt with the flour, and the beaten yolk of the egg, beat in the milk (being careful to keep it smooth). Melt the butter and stir it in, mix till perfectly smooth, then stir in the stiffly whipped white. Turn the batter into a deep sandwich tin which has been well buttered, and bake in a moderate oven until set (this will take from twenty to thirty minutes). Serve at once with strawberry jam.

ORANGE JAM.—Slice 12 large oranges into thin slices and place in a deep bowl with 12 pints of water. Leave to stand for thirty-six hours. Then turn into the preserving pan with the juice of six lemons, and bring to the boil. Boil for two hours, and then add 12 lbs. of sugar, and boil until a little sets on being put aside to cool.

RHUBARB MOULD.—Cut some rhubarb in inch-length pieces, let it stew very closely in a casserole or jar in a slow oven, with plenty of sugar and very little water. (Rhubarb should always be cooked in this way, if possible.) Do not let the rhubarb get mushy. Strain off the juice and add enough water to make a pint and dissolve in this a square of red currant or raspberry jelly. Put the rhubarb into a wet mould, pour in the jelly, and leave it to become cool and stiff. When firm turn out.

Mrs. L. Austin, 13 Jackson Street (near Alma Street), South Wanganui, writes:—"For relieving Biliousness and Indigestion I can speak favourably of Dr. Morse's Indian Root Pills as an excellent remedy. With Indigestion some time ago I was much afflicted when in a poor state of health. My parents urged me to use Dr. Morse's Indian Root Pills, and I am glad that I did so, as I am now a firm believer in this medicine, and can say that they are most useful with women-folk."

Constipation

Its Effects and the Remedy

Constipation is the root of nine-tenths of the sickness of man, and a large proportion of the sickness of women. It is a simple thing of itself, but, like many simple things, it may grow and become complicated.

When the bowels are clogged the waste matter decays and ferments and enters the blood and is carried to all parts of the body, producing Headaches, Biliousness, Sleeplessness, Heartburn, Loss of Appetite, Indigestion, Neuralgia, Rheumatism, and various other ailments disturbing the Heart and Nervous System, and if continued is liable to cause Inflammation of the Bowels, Liver, and Kidneys.

To maintain a healthy system the bowels should operate at least once every twenty-four hours. This is one of Nature's wise provisions which is too often ignored, and the result is untold suffering.

Nature often requires a little assistance, and if this assistance is given at the first indication, much distress and suffering may be averted. Dr. Morse's Indian Root Pills are purely vegetable, and as a family Remedy for Costiveness possess a wide reputation. They are mild in their action, causing neither weakness nor sickness, and do not gripe.

ARTICHOKES.—Take 1 lb. artichokes and wash them, then boil in milk and water, which keeps them white. Drain and brush over with beaten egg, roll in bread crumbs, and fry in hot fat. Butter a casserole and put in the fried artichokes, then sprinkle with grated parmesan cheese. Pour over a little white sauce. Put the casserole into a moderate oven, and let get nicely browned on top. Serve very hot.

COFFEE SPONGE—One pint of strong, clear coffee, 1 oz. powdered gelatine, half a teaspoonful of cold water, 3 ozs sugar, 2 whites of eggs, a pinch of salt, and cream or custard. Soak the gelatine in cold water. Heat the coffee, add to it the sugar and a pinch of salt. Pour the hot mixture gradually on to the gelatine and stir until dissolved. Strain and leave to cool. When beginning to set, beat with a wire whisk until light and frothy. Add the whites of the eggs beaten to a stiff froth, and beat the mixture again. Pour into a glass dish and leave to set. Serve with cream or custard and sponge fingers.

DATE TRIFLE.—Mix $\frac{1}{2}$ oz. of cornflour with a little cold milk, then pour over the mixture a pint of boiling milk. Boil for ten minutes. Add a small piece of butter and sweeten to taste. Pour the mixture into a glass dish when cool, and pour over it $\frac{1}{2}$ pint of custard. Round the edge arrange stewed dates.

CREAMED LAMB.—1 lb of cold leg lamb, 2 ozs. butter, 1 gill milk, 1 tablespoonful flour, 1 lb. green peas, mint. Melt 1 oz. butter in a pan, add flour, and mix well; add the milk all at once, stir until boiling and cook for five minutes. Season well with salt and pepper, then remove the pan to a cooler part of the stove, and add the lamb, cut into dice, and let it remain until the lamb is quite hot; but it must on no account boil. After the meat is added add a squeeze of lemon juice. Cook the peas in slightly salted water, drain well, and then return to a saucepan in which 1 oz. of butter has been melted, toss well in this, and season nicely. Arrange the lamb on a hot dish with the peas round as a border.

Disordered Liver

DA torpid, sluggish liver leaves poisonous, morbid bile in the blood, which upsets the action of the whole system.

The complexion assumes a yellowish hue, loss of appetite follows, dry cough and occasionally chill, known as liver chill.

There is indigestion, fullness, fermentation, and oppression in the stomach. The tongue is coated, the head aches, and there is loss of sleep, depression of spirits and spells of weakness and dizziness.

The bowels are constipated and loose by turns.

The skin tells of the poisonous state of the blood by pimples, blotches, and liver spots.

In sympathy with the liver, the kidneys become clogged and inactive, and there are pains in the back and under the shoulder blades.

You should not wait for all the symptoms to appear before beginning treatment. Prompt and determined action is necessary to relieve the body of the poisons left in the system by a sluggish liver. The liver must have assistance.

The process of restoration will be hastened if the kidneys are also strengthened and invigorated.

Both of these great filtering systems are acted on promptly and directly by **DR. MORSE'S INDIAN ROOT PILLS**. Hence their wonderful reputation as an efficacious treatment for liver derangement.

RISSOLES.—Use underdone beef, mince it, and mix with mashed potatoes or soaked crumbs. Break an egg and mix well, add chopped parsley, pepper, and salt. Make little balls, dip into flour, and fry. Any scraps of meat or chicken will do for this dish.

APPLE PUDDING BAKED.—12 cooking apples, 1 cupful bread crumbs, 4 or 6 tablespoonfuls of sugar, 2 ozs. of butter, and 2 eggs. Method: Pare, core and cut the apples into slices. Put them into a stew-pan with the sugar and 6 tablespoonfuls of water. Cook until tender, then stir in the butter and well-beaten eggs. Coat the bottom and sides of a well-buttered pie-dish thickly with breadcrumbs. Put a few pieces of butter on top, and bake gently for about three-quarters of an hour, keeping the dish covered with greased paper, to prevent the surface from becoming too brown.

AFTERNOON TEA FINGERS.—

Four ounces self-raising flour, 4 ozs. sugar, 2 ozs. cocoa, 1 egg. Mix the egg with half a teacupful of milk, heat well and add to the dry ingredients and bake in a shallow oblong tin. Cut into finger shapes when cold.

RASPBERRY JAM SPONGE.—

A stale sponge cake, 1 egg, a tablespoonful of butter, raspberry jam. Butter thickly a pint basin, crumble part of the cake and coat the bottom of the basin with crumbs. Cut the cake into rounds to fit the basin, set butter in small dabs over the slices, spread them with jam, and place one above another till the basin is full, having, of course, no jam on the top slice. Beat the egg with a tablespoonful of milk, pour it gently into the basin, cover with buttered paper, tie down closely, steam for one hour and a half, and serve with cream sauce.

Many of the present-day so-called cases of "nerves" are principally the result of a disordered liver. Put the liver right, and the general health will be found to improve. As a liver remedy, Dr. Morse's Indian Root Pills enjoy an enviable reputation.

The Traveller's Companion



Dr. Morse's Indian Root Pills

When packing up for a trip, whether it be by road, rail, air or sea, be sure and include a bottle of Dr. Morse's Indian Root Pills in your suit case.

A course of these Pills, taken nightly before starting, will considerably reduce the risk of train, air, or sea-sickness. Using them while travelling also ensures the regular working of the system, which so frequently becomes upset.

It is important to remember that changes of food and living conditions invariably disarrange the system, and when that occurs Nature needs assistance, at least temporarily. Dr. Morse's Indian Root Pills are specially suited for this purpose. They will keep the organs in perfect working order and prevent many of the serious and costly illnesses if taken when or before the first signs of Constipation or Liverishness appear. With Dr. Morse's Indian Root Pills always at hand, using a little care and intelligence, the system can be kept in a sound and healthy condition.

APRICOT AND ORANGE JAM.—

One pound of dried apricots, 4 Seville oranges, sugar. Wash apricots and cut into two or three parts, cover with one quart of water. Cut oranges into quarters. Remove pips. Put pulp and peel through a mincing machine. Add these to the apricots and put in another quart of water. Put pips into a separate basin with a little water. Next weigh all, together with strained juice from pips. To each pound allow 1 lb. sugar. Boil gently for half-an-hour before adding the sugar, then boil together for half-an-hour or until the jam sets.

GINGER APPLES. — Take six

medium, equal-sized apples, pare them, and remove the cores—but leave the apples whole. Place in a deep pie-dish, or baking-tin, and add water to come three parts up the height of the apples—also 4 ozs. of sugar, and a little lemon juice; bake until the apples are tender, but not broken. Then lift them carefully out, and place in a glass dish; fill the centres with a little preserved ginger finely chopped and a very little syrup. Pour round them one pint of boiled custard to which a tablespoonful of the ginger syrup has been added.

Mrs. M. Ashton, 36 Nelson Street, Ashburton, writes:—

"I used Dr. Morse's Indian Root Pills as a remedy to relieve Constipation, and I found them most effective in banishing this ailment. I am usually endowed with excellent health, and it is a long time since I had recourse to this medicine."

Mr. V. Fordick, Bright Street, Cobden, Greymouth, writes:—

"For Indigestion I found great relief from the use of Dr. Morse's Indian Root Pills, and I can accordingly recommend them to other sufferers with this ailment, as I am no longer subject to this complaint."

Remember nature's most important law—the bowels should operate every 24 hours. Dr. Morse's Indian Root Pills are unrivalled for Constipation.



Indiscretion or Ignorance

Dr. Morse's Indian Root Pills have, for years, materially contributed in the work of alleviating much of the tribulation and illness brought on by indiscretion, or ignorance, in the matter of bodily care.

If it were possible to take a census, the result would probably disclose that most illnesses were of a type that could be prevented by care or intelligence.

Take, for instance, the suffering that follows over-indulgence in food and drink. People court this either through indiscretion or ignorance. Everyone should realise that the digestive organs can only handle a certain quantity, and no more. If they are overloaded, then assistance must be given.

In such cases, Dr. Morse's Indian Root Pills are of undoubted value. They act directly, though gently, on the liver, increasing the digestive secretions, thus assisting Nature to cope with the surplus food and liquor. Upon the first indication of bilious symptoms, a course of Dr. Morse's Indian Root Pills should be taken, or, better still, if used regularly, they will keep the digestive organs in proper working order.

TO BOIL MUTTON.—A good way to boil a leg of mutton is to put it into fast boiling water for six minutes, and then put it into another boiler of quite cold water and let it cook the usual time (twenty minutes to the pound and twenty minutes over), with the water only simmering. If not convenient to have two boilers, put it into fast boiling water for six minutes, then with a cup take out some of the boiling water and replace it with a dipper of cold water. Let simmer gently until cooked. It is delicious done in this way, and has all the juice in it. Make the sauce with finely-chopped parsley and a tablespoon of vinegar, making a nice change, which is cheaper than capers.

GINGERBREAD SPONGE.—Scald one level teaspoonful of bicarbonate of soda in one gill of boiling water, and let it stand until almost cold. Melt 1 lb. of treacle, 3 ozs. of lard, and 4 ozs. of sugar. Mix $\frac{1}{2}$ lb. flour, 1 teaspoonful ginger, 1 teaspoonful cinnamon together; add melted treacle, lard, and sugar, then an egg well beaten, and, lastly, carbonate of soda. Beat well, and put into two 1lb. bread tins that have been well greased and lined with paper, greased on both sides, and let it stand on a table for an hour before putting into moderate oven. Don't open the door for an hour. Take paper off cakes when hot. This gingerbread will keep for weeks.

KIDNEY PAINS.

Mr. Jno. Gracie, 6 Tranmere Road, Edendale, Auckland, writes:—"Having been a sufferer for a number of years from pain in the kidneys which caused me great inconvenience, I purchased a couple of bottles of Dr. Morse's Indian Root Pills, having seen in a pamphlet, which came into my hands, the virtue of the pills as set forth in the booklet, and have found them a perfect cure, quite equal to the more expensive preparations, and I can confidently recommend them to any person suffering from this complaint."

COMSTOCK'S NERVE & BONE LINIMENT

COMSTOCK'S NERVE AND BONE LINIMENT is a penetrating preparation, acting through the pores of the skin on the nerves and muscles. It possesses the properties of a pain-killer and is most effective as a remedy for the aches and pains to which human beings are subject, and which only an external remedy can relieve.

SPRAINS AND SWELLINGS.—It overcomes pains and aches by relieving the effect on the delicate nerves, causing the circulation of blood to be fully maintained through the injured part. It is an invaluable remedy for sprains and for reducing swellings, which under its influence become softened and disappear.

RHEUMATISM, SCIATICA AND LUMBAGO are relieved by the penetrating and soothing properties of this Liniment. In order to effectually overcome these complaints, Dr. Morse's Indian Root Pills and Comstock's Nerve and Bone Liniment should be used as directed. These two remedies have been highly successful in Rheumatic Ailments, because one cleanses the blood, while the penetrating and soothing influences of the Liniment, acting through the pores of the skin on the nerves and muscles, overcome the pain by relieving the effect on the delicate nerves and causing the circulation of the blood to be maintained through the affected part.

For **BRUISES**, two or three applications, well rubbed in, will afford almost instant relief from pain, prevent swellings and avert discolorations.

For **CUTS OR ABRASIONS OF THE SKIN**, this Liniment, diluted with warm water, will be found a perfect antiseptic, cleansing the wound and aiding the process of healing.

Used externally it will be found to relieve **QUINSY, BRONCHITIS, SORE THROAT AND HOARSENESS** and complaints of the Throat and Tonsils by covering the afflicted parts with flannel wet with the Liniment.

CATARRH AND COLD IN THE HEAD are relieved by pouring a small quantity of the Liniment into boiling water and inhaling the fumes.

For **STIFF JOINTS, NEURALGIA, LAME BACK, SCALDS, BURNS AND CONTRACTED MUSCLES**, it will be found that Comstock's Nerve and Bone Liniment is highly effective. Stiff Joints and Sprains that have resisted other treatment have yielded to the influence of Comstock's Nerve and Bone Liniment. The persevering use of this Liniment will cause many stubborn cases to relax.

Comstock's Nerve and Bone Liniment is prepared only by The W. H. Comstock Co., Ltd., Farish Street, Wellington, N.Z.; 23 Lang Street, Sydney, N.S.W.; and 21 Farringdon Avenue, London, England.

NOTE.—If unable to procure Comstock's Nerve and Bone Liniment from local Chemist or Storekeeper, it will be sent post free on receipt of price, 2/6 per bottle, or 13/6 for six bottles.



Mrs Alice Ford

(From a Photo)

Not at all Bilious

Ponsonby Lady Uses
Dr. Morse's Indian Root Pills

72 Union Street, Ponsonby.

Dear Sirs,—

I have great faith in Dr. Morse's Indian Root Pills as a useful medicine for the liver and kidneys. They proved a real boon to me in relieving Biliousness when much younger, and I can faithfully recommend them to any similar sufferers needing a genuine remedy. I give them occasionally to the children if at all bilious.

(Signed) Mrs. A. Ford.

General Directions.

DR. MORSE'S INDIAN ROOT PILLS should be taken immediately before retiring, or may be taken in the morning an hour or two before breakfast, in which case a warm drink will cause them to act briskly. As the constitution of no two persons is exactly alike, no fixed rule can be given for the number of Pills to be taken at a time. The nature of the case and the experience must be the guide. If the action of the Pills is too strong, reduce the dose; if too weak, increase it.

DOSE.—The dose varies from a half to four Pills, as found necessary.

It should be borne in mind that the pills must be taken in such quantities as will operate the bowels two or three times, so that the system will be thoroughly cleansed, otherwise little benefit will be derived. As they are purely vegetable, they may be taken with perfect safety, and great benefit may be realised.

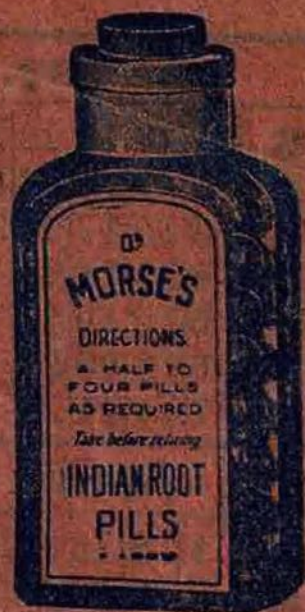
Dr. Morse's Indian Root Pills can be administered in the form of a powder, placing it in a spoonful of jam or dissolving in a little water and sweetened. These methods are often resorted to by people who experience some difficulty in swallowing a solid.

CAUTION. The W. H. Comstock Co., Ltd., are the Sole Proprietors and Manufacturers of DR. MORSE'S INDIAN ROOT PILLS, and they will prosecute to the full extent of the law any counterfeit or infringement of their registered trade mark or label. The Pills are packed in amber-coloured bottles with the full name shown thereon, and are wrapped in a blue label, bearing the signature of W. H. COMSTOCK.

Refuse Substitutes

Always Insist Upon Having Dr. Morse's Indian Root Pills

USERS and would-be users are urged to always insist upon having Dr. Morse's Indian Root Pills and not to take anything in their place. At times an attempt is made by shopkeepers to persuade their customers to try some other remedy when Dr. Morse's Indian Root Pills are enquired for, simply because the other article carries a larger profit. Many people in a weak moment have allowed themselves to be influenced in that way, but subsequently regretted it. Profit by their experience. The corrective properties of Dr. Morse's Indian Root Pills have been proved beyond doubt, and as the result of over thirty years' consistent service they are to-day New Zealand's premier household remedy.



Dr. Morse's Indian Root Pills

AND THE

COMSTOCK REMEDIES

May be obtained at all leading Chemists and Stores. If unable to procure where you reside, send order, with Postal Notes or Stamps, direct to any of our addresses shown below and we will forward by post prepaid at the following prices:

DR. MORSE'S INDIAN ROOT PILLS,

1/3 per bottle; or 6 bottles, 7/3.

COMSTOCK'S "DEAD SHOT" WORM PELLETS,

4/- per packet; or 6 packets, 23/-.

COMSTOCK'S NERVE AND BONE LINIMENT,

2/6 per bottle; or 6 bottles, 13/6.

ADDRESS:

THE W. H. COMSTOCK CO., LTD.

FARISH STREET, WELLINGTON, N.Z.

And

Branches: 21 FARRINGTON AVENUE, LONDON,
MORRISTOWN, N.Y., HONGKONG, SINGAPORE, and
23 LANG STREET, SYDNEY, N.S.W.

Head Office: BROCKVILLE, CANADA.

- 1928 -

January.							February.							March.						
S	1	8	15	22	29	-	-	5	12	19	26	-	-	4	11	18	25	-	-	-
M	2	9	16	23	30	-	-	6	13	20	27	-	-	5	12	19	26	-	-	-
T	3	10	17	24	31	-	-	7	14	21	28	-	-	6	13	20	27	-	-	-
W	4	11	18	25	-	-	1	8	15	22	29	-	-	7	14	21	28	-	-	-
T	5	12	19	26	-	-	2	9	16	23	-	-	1	8	15	22	29	-	-	-
F	6	13	20	27	-	-	3	10	17	24	-	-	2	9	16	23	30	-	-	-
S	7	14	21	28	-	-	4	11	18	25	-	-	3	10	17	24	31	-	-	-
April.							May.							June.						
S	1	8	15	22	29	-	-	6	13	20	27	-	-	3	10	17	24	-	-	-
M	2	9	16	23	30	-	-	7	14	21	28	-	-	4	11	18	25	-	-	-
T	3	10	17	24	-	-	1	8	15	22	29	-	-	5	12	19	26	-	-	-
W	4	11	18	25	-	-	2	9	16	23	30	-	-	6	13	20	27	-	-	-
T	5	12	19	26	-	-	3	10	17	24	31	-	-	7	14	21	28	-	-	-
F	6	13	20	27	-	-	4	11	18	25	-	-	1	8	15	22	29	-	-	-
S	7	14	21	28	-	-	5	12	19	26	-	-	2	9	16	23	30	-	-	-

Dr. Morse's Indian Root Pills

For Biliousness, Constipation, Indigestion

July.							August.							September.						
S	1	8	15	22	29	-	-	5	12	19	26	-	-	2	9	16	23	30	-	-
M	2	9	16	23	30	-	-	6	13	20	27	-	-	3	10	17	24	-	-	-
T	3	10	17	24	31	-	-	7	14	21	28	-	-	4	11	18	25	-	-	-
W	4	11	18	25	-	-	1	8	15	22	29	-	-	5	12	19	26	-	-	-
T	5	12	19	26	-	-	2	9	16	23	30	-	-	6	13	20	27	-	-	-
F	6	13	20	27	-	-	3	10	17	24	31	-	-	7	14	21	28	-	-	-
S	7	14	21	28	-	-	4	11	18	25	-	-	1	8	15	22	29	-	-	-
October.							November.							December.						
S	-	7	14	21	28	-	-	4	11	18	25	-	-	2	9	16	23	30	-	-
M	1	8	15	22	29	-	-	5	12	19	26	-	-	3	10	17	24	31	-	-
T	2	9	16	23	30	-	-	6	13	20	27	-	-	4	11	18	25	-	-	-
W	3	10	17	24	31	-	-	7	14	21	28	-	-	5	12	19	26	-	-	-
T	4	11	18	25	-	-	1	8	15	22	29	-	-	6	13	20	27	-	-	-
F	5	12	19	26	-	-	2	9	16	23	30	-	-	7	14	21	28	-	-	-
S	6	13	20	27	-	-	3	10	17	24	-	-	1	8	15	22	29	-	-	-